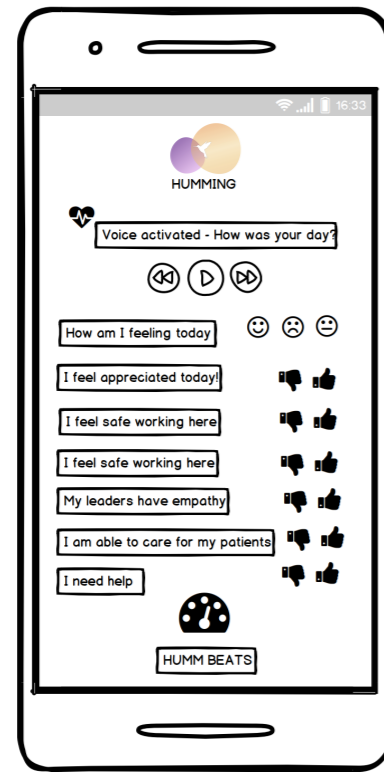


# Hummingbird

by Berkeley Innovation Group

Design for Emergency  
Seed ideas



**Hummingbird's goal is to monitor the emotional health of frontline healthcare workers, like we monitor the physical health of our patients, to prevent burnout.**

Even before the pandemic, more than 50% of frontline healthcare workers (FHW) treating patients reported symptoms of burnout. Healthcare has a history of a 'culture of silence' regarding emotional wellbeing of FHW (especially physicians) and seeking help for mental health issues may jeopardize their careers. Hummingbird intends to break this culture of silence and to help FHW share their vulnerability.

Hummingbird is a mobile app, connected to a wearable, which encourages frontline healthcare workers to share their emotional states, in particular their vulnerability, in the workplace.

It is conceived as a self-report tool to help FHW keep track of their mental health, share concerns and vulnerability with co-workers, and ultimately generate anonymous insights for leadership on current issues and opportunities for improvement.

## WHOM IS IT FOR?

Frontline healthcare workers and essential workers in general.

## WHY IS IT RELEVANT?

The effort of frontline healthcare workers (FHW) was deeply appreciated by everyone during the most acute phases of the pandemic. Survey results show that FHW were one of the main sources of hope among people. However, this came to the price of a great physical and emotional strain, as FHW had to undergo a huge pressure and could not take a break from their essential work, with serious consequences on their mental wellbeing. Hummingbird addresses this problem, providing an ad-hoc solution.

Hummingbird can also be adopted in other contexts, such as offices, schools, or work environments where essential workers may be exposed to additional stress and may feel more vulnerable, because of the pandemic.

## WHAT IS NEEDED TO IMPLEMENT THE IDEA?

Data Platforms  
Web/Mobile Apps  
Wearable technologies

## WHO CAN CONTRIBUTE?

UI/UX designers  
Web/Mobile Apps developers  
Data scientists  
Healthcare workers  
Healthcare leaders

